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SHARING.



Miracle baby gets a name

Child who started breathing on her own after efforts to revive her failed is dubbed 'Mireya,' a Spanish name meaning 'miracle'

PAGE 8

Missing jet mystery continues

Plane was last seen way off course in the Strait of Malacca

PAGE 9

I didn't run that red light, my car did

How will the rules of the road change when driverless cars are available en masse?

PAGE 12

AN ALBERTAN, A QUEBECER AND A NEWFIE WALK INTO A BAR ...

... INSERT JOKE HERE. BUT IF YOU WANT TO GET PAST EAST COAST STEREOTYPES, CHECK OUT OUR FEATURE

PAGES 10-11



OIL SQUEAK PAST WILD

Edmonton Oilers left winger David Perron deflects a shot in front of Minnesota Wild goalie Darcy Kuemper during the second period of their game in St. Paul, Minn., Tuesday. ANN HEISENFELT/THE ASSOCIATED PRESS

Southeast LRT project en route

Funding deal. City to take on interest-free loan from province to move project ahead



RYAN
TUMILTY

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The city's southeast LRT line is moving full speed ahead after a provincial funding announcement Tuesday added the \$600-million boost the project needs.

At a press conference at Churchill LRT station, Premier Alison Redford announced the Valley Line, which will stretch from downtown to Mill Woods. It will receive a \$250-million commitment from the province under GreenTRIP, along with \$150 million to match an anticipated federal grant and a \$200-million interest-free loan the city can pay back to the province over 10 years.

"Expanding the LRT system is essential and that's why I'm delighted to say the province is willing to share the costs of developing the Valley Line project," said Redford.

Redford said her government would continue to support public transit as more people flooded into the province's cities.

"It's absolutely essential for keeping cities livable and accessible as population density rises," she said.

The loan on top of the \$800 million already committed means the city's share of the \$1.8-billion project rises to \$1 billion, with the province contributing \$400 million and the federal government expected to contribute \$400 million.

Mayor Don Iveson said the loan isn't the solution the city wanted, but he's hopeful the city will be able to access future funding down the road to pay it off.

"I didn't go in asking for an interest-free loan, but it is a cre-

ative way for us to bridge the gap in the meantime and I am confident we are going to be able to access other infrastructure funding," he said.

Iveson said he's also hopeful that when the project goes out to bid, the city will see lower prices than the \$1.8 billion the project is currently estimated at.

Iveson said over the long term he expects the provincial and federal governments will have to provide long-term funding to move transit projects forward, because residents are demanding it.

Quoted

"Though this is a fantastic day for southeast Edmonton, what I heard from Edmontonians is they are keen to see the system built out to the entire city."

Mayor Don Iveson

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Property tax. Grits push tax shakeup

Liberal Leader Raj Sherman argues urban municipalities are getting shortchanged in the province's property tax system.

Sherman and the Liberals argued in the legislature this week for a change that would have redistributed millions in property taxes to urban centres. Currently, \$1.5 billion in linear taxes, on things like pipelines and power lines, is collected in the municipalities the facilities pass through. The Liberal plan would spread those funds out to all municipalities on a per capita basis.

Sherman said recalculating funding on a per capita basis would add \$260 million to Edmonton's bottom line. "This is sustainable, predictable funding, \$260 million each and every year, not based on a grant, not based on election cycles," he said.

Sherman said it's not fair that most of the taxes are collected in rural Alberta because Edmonton and other major centres do so much to support industry. "The whole province and the country, whoever travels to northern Alberta, travels through Edmonton," he said.

Bob Barss, president of the Alberta Association of Municipal Districts and Counties, said rural communities need those funds. "Rural Alberta has the majority of roads and bridges in the province and linear assessment is what it takes to keep it in place," he said.

Barss said the notion that the pipelines and other linear infrastructure doesn't cost municipalities money is ludicrous.

"The energy companies very seldom build their own roads and their own bridges," he said. **RYAN TUMILTY/METRO**

More debate wanted for Valley Line LRT

In line. Some residents want discussions to continue as the project moves forward



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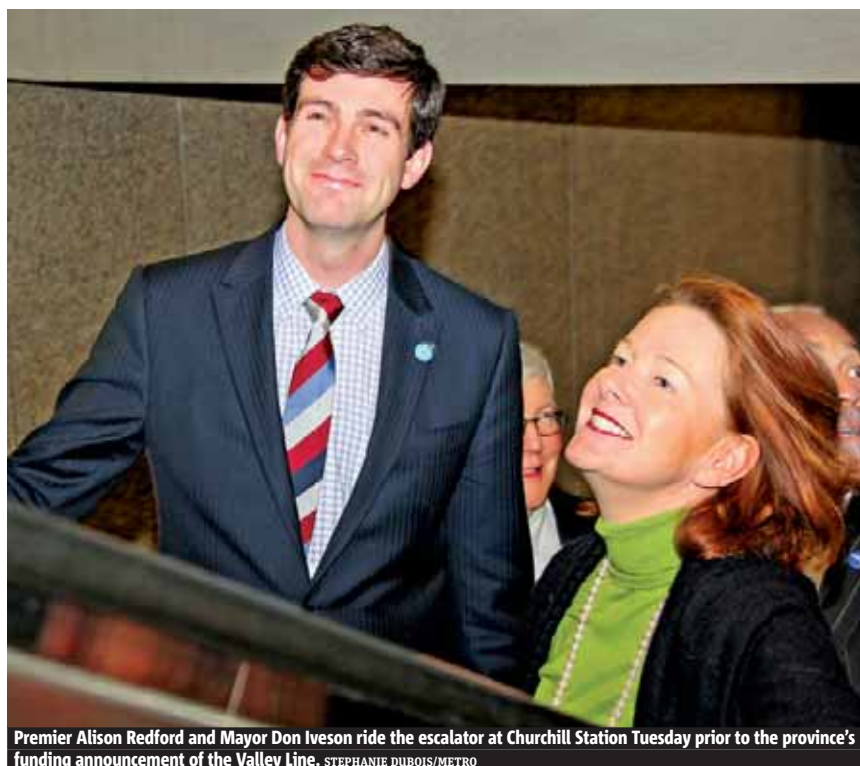
The money is in the pot for the southeast LRT line but some Edmontonians still want to get their input in to keep transit development in line.

Ward 1 Coun. Andrew Knack celebrated the funding announcement Tuesday but added the discussion for the west-end line needs to continue.

"Today we wanted to focus on the southeast because we really needed that to be able to have the con-

When all's said and done ...

- The Valley Line, once completed, will run to Lewis Farms in the west end of the city.
- Construction could begin as early as 2016 and be open to the public by 2020 of the first portion of the LRT line, which would run from Mill Woods to downtown.
- The total proposed Valley Line would be 27 kilometres long once completed.



Premier Alison Redford and Mayor Don Iveson ride the escalator at Churchill Station Tuesday prior to the province's funding announcement of the Valley Line. **STEPHANIE DUBOIS/METRO**

versation on the west. It's the great first step to having a conversation," said Knack.

The city hopes to solicit bids from the contractors later this spring for the southeast LRT, but officials with the Amalgamated Transit Union Local 569 say there needs to be more discussion on the construction model that runs a risk.

Steve Bradshaw, president of the Amalgamated Transit Union Local

569, said the public-private partnership model is "not the best kind of deal" for taxpayers down the road and they would like to be part of that discussion.

But some Edmontonians want to see construction dollars spent to build the southeast LRT line that will connect Mill Woods to downtown on another path that wouldn't see the demolition of the Louise McKinney/Cloverdale Footbridge.

The Save Edmonton's Downtown Footbridge group is holding a discussion Thursday night to develop "a route that respects the river valley and neighborhoods, and aims to both serve the Shaw conference centre and cost less than the city's proposed route," according to their Facebook page.

They were not available for comment prior to press time.

1 NEWS

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Tough road. Edmonton's public transit scores low on ranking of large cities

The City of Edmonton still has some room to grow in terms of public transit when compared to Toronto, Montreal and Vancouver.

That's according to a new ranking of big Canadian cities published by U.S.-based Walk Score. The online tool uses an algorithm to measure "usefulness" of transit service, or the distance to the nearest stop on the route, the frequency of the route and type of route.

Edmonton Transit Service ranked eighth and scored a 44 — what the company calls "some public transportation" — although no Canadian city was classified as a "rider's paradise."

City officials say the "arbitrary ranking" is not representative of where Edmonton transit is going and also



Edmonton scored eighth out of 10 cities for best public transit. METRO FILE

doesn't reflect how the local system differs in funding availability.

"Each of the top seven cities have funding in place from the governments. As such, we've seen the provincial government heavily involved in local public transportation," said Charles Stolte, city transit manager.

STEPHANIE DUBOIS/METRO

Salute

Flags to fly at half-mast for end of Afghan mission

The City of Edmonton will lower its flags Wednesday to commemorate the end of Canada's mission in Afghanistan.

From sunrise to noon, the flags will fly at only half-mast to honour the men and women of the Canadian Armed Forces who served overseas.

METRO

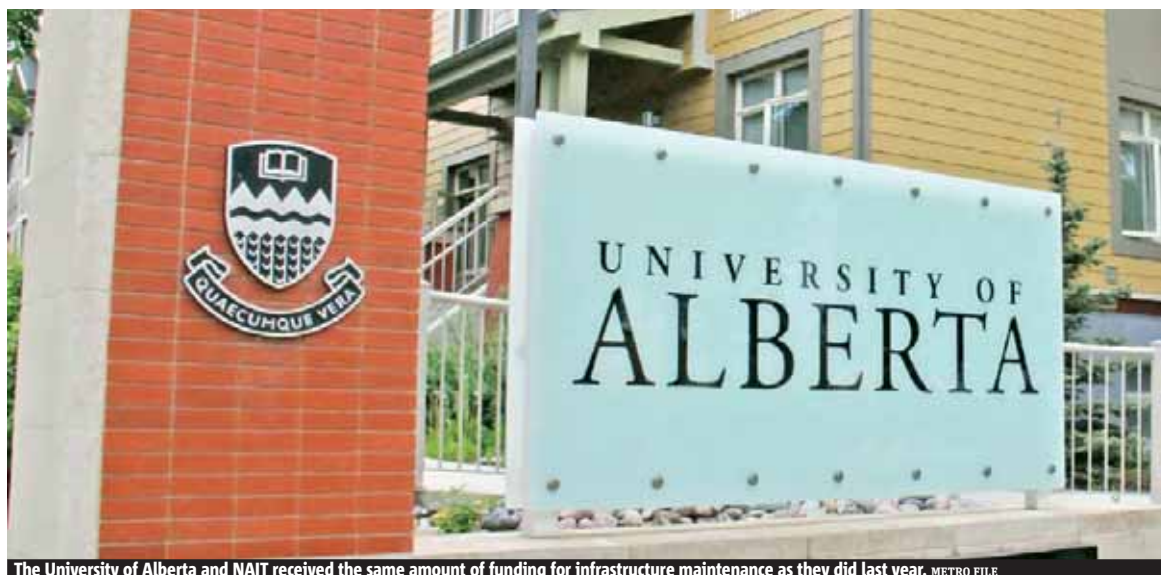
Fifth of 2014

Cops rule Oliver death a homicide

Edmonton police confirmed Tuesday that a man found dead at an Oliver home was the victim of a homicide.

Demetrios Karahalios, 48, was found shortly after 3 p.m. on Saturday at a home near 102nd Avenue and 120th Street.

Police have not released the cause of death due to the ongoing investigation. METRO



The University of Alberta and NAIT received the same amount of funding for infrastructure maintenance as they did last year. METRO FILE

No extra cash allotted for university infrastructure

Provincial budget. Post-secondaries say they will prioritize projects in meantime



LEAH GERMAIN
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Edmonton's post-secondary institutions are staying optimistic despite the province not dishing out extra funds in the latest budget to maintain aging buildings.

After funding for the

Infrastructure Maintenance Program (IMP) grants were slashed last year by 34.5 per cent across the province, this government boosted funding by seven per cent for the current budget, allocating \$50.7 million for the general maintenance of buildings.

NAIT spokesperson Frank Landry said that while there will be no increase in funding, the polytechnic will continue to prioritize and complete the most important projects.

"Some projects not deemed priorities will be delayed," said Landry.

NAIT's grant was cut by

Total funds

\$50.7M

The province divvied out \$50.7 million for the general maintenance of buildings for post-secondary institutes in last week's budget.

more than 70 per cent in 2013 to \$2.8 million — the same amount of funding allocated to the institute this year.

"Every year we look at these things, and again projects are prioritized and we get done what we have to get done," Landry said. "We

understand the current provincial financial challenges and we are doing our part managing throughout this period."

Like NAIT, the University of Alberta received the same \$17 million in IMP grants this year as it did following last year's cuts.

According to Don Hickey, vice-president faculties and operations, the university took a 22 per cent hit — a decrease of approximately \$5 million from years prior.

"We were hoping for an (increase) but not really expecting," said Hickey.

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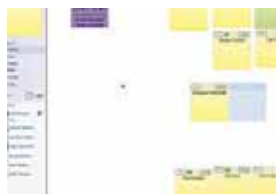
Stormboard 2.0. Local tech company to digitize the mess in your home office

One local company is bringing a whole other level of colleague sharing to the business world with their launch of a new sticky-note application.

Used by almost half of the Fortune 500 companies and by workers in 135 countries, Stormboard allows people to share their ideas on the white-board idea.

"It's like a normal white-board but with the ability for multiple users," said Reg Chermamy, with Stormboard.

Filling a gap in the workplace market, Stormboard has allowed users to connect with



Stormboard 2.0 in action.
YOUTUBE SCREENSHOT

others while sharing ideas in a very user-friendly interface, said staff.

Stormboard 2.0 is planned to launch at 10 a.m. Wednesday. **STEPHANIE DUBOIS/METRO**

Judicial review denied

Judge denies dog stabber's request

A man who was shot four times as he stabbed an Edmonton police dog has been denied a judicial review.

Kirk Steele was challenging a judge's decision not to

let him take the police officer who fired at him to court.

Steele was shot in July 2006 as he was trying to run from police, who had set the dog named Wizzard after him.

Steele's gunshot wounds were so severe he lost a kidney and an adrenal gland.

THE CANADIAN PRESS

March melt means more hazards for city cyclists



Like many Edmonton drivers, cyclists are avoiding the potholes lining city streets. **STEPHANIE DUBOIS/METRO**

Potholes. Riders forced to drift further into car lanes



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

Potholes in the city aren't just a problem for drivers but a serious hazard to local cyclists as they manoeuvre in Edmonton.

Potholes are the unknown for commuters in terms of depth, width and what may be underneath, so cyclists are forced out into the road to avoid the holes.

"The fact that the roadway is covered in gravel (and) potholes filled with puddles ... then it

does present safety concerns (to cyclists)," said Chris Chan, executive director of the Edmonton Bicycle Commuters' Society.

With warmer temperatures causing snow to melt, Chan says drivers should be aware of how cyclists will be interacting with them on the road.

"Cyclists do have to ride out further into the lane or maybe take the lane to be safe. It's not a matter of cyclists blocking traffic, it's a matter of cyclists riding safely so they don't get into accidents," said Chan.

City officials say crews are out filling potholes year-round, with residential blading continuing in the city so crews "can go back and fill potholes," said roads design and construction spokesperson Kelly FitzGibbon.

Pay attention

"It's not a matter of cyclists blocking traffic, it's a matter of cyclists riding safely so they don't get into accidents." Chris Chan of the Edmonton Bicycle Commuters' Society

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Edmonton City Council is looking for 15 individuals to join the Women's Advocacy Voice of Edmonton Committee.

The WAVE Committee will promote leadership development to empower women to fully participate in civic life, provide citizens with information and resources about women's gender based issues and opportunities, and advise Council of the needs and interests of women in relation to programs, services, and urban development.

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To apply, please visit **Edmonton.ca/recruitment** or call the Office of the City Clerk at 780-442-4395 for the recruitment profile and application process. The deadline to apply is **Thursday, March 20, 2014.**

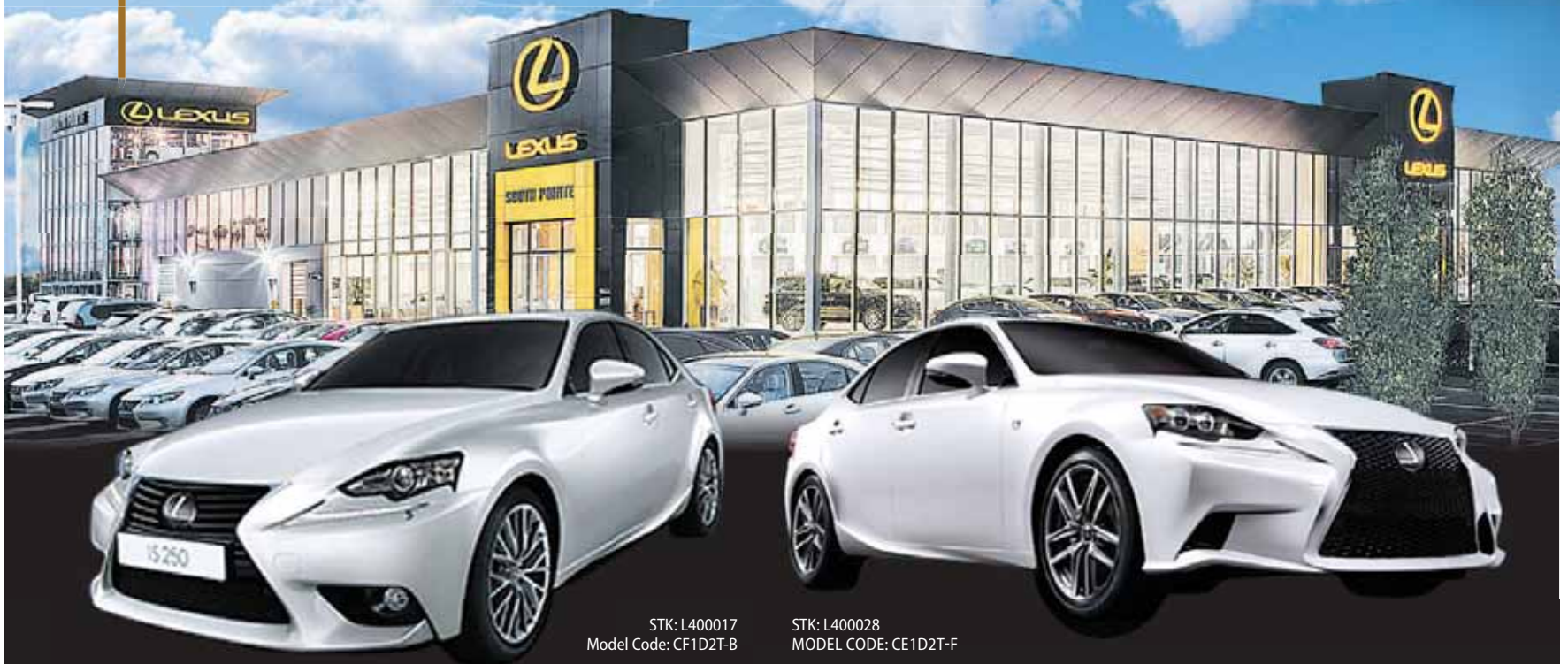
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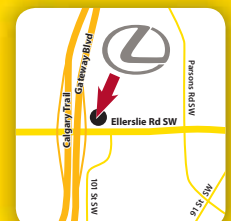
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'Miracle baby' is doing well — and has a name

Mireya. Halifax mother whose newborn was declared dead settled on a Spanish name that means 'miracle'



RUTH DAVENPORT
Metro in Halifax

The mother of the "miracle baby" born at the IWK Health Centre in Halifax this week says the baby appears to be making a steady recovery — and yes, she has a name.

Robin Cyr's child wasn't breathing when she was delivered around 3 a.m. March 8 after a complicated birth.

The baby was declared dead after about 25 minutes, Cyr said — but suddenly started breathing on her own after staff stopped trying to revive her.



The newborn baby girl on Sunday in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO IN HALIFAX

On Tuesday, Cyr said she had settled on a name for the big newborn: Mireya, a Spanish name that means "miracle."

"I've seen her open her eyes for the first time," said Cyr, 34,

during a phone conversation Tuesday afternoon, adding that doctors were pleased with the baby's progress. "In maybe another four or five hours, I'll get to hold her for the first time."

Quoted

"It's just kind of emotional ... just because of everything (Cyr's) been going through. It's just a hard thing to grasp."

Anita Richards, "miracle baby" Mireya's aunt

Since Monday, when Metro first published Cyr's story, it has been picked up by international media, including the British publication the Daily Mail and the New York Daily News.

But Cyr said she still hasn't processed the reality of almost having lost her fourth child.

"It didn't hit me yet," she said, adding she's been "very busy" with visits from friends and concerned relatives — all of which she's trying to juggle around caring for her newborn.

PQ. Independent Quebec would welcome Canadian tourists, says Marois

An independent Quebec would have no borders and would open its arms to tourists from Canada, Parti Québécois Leader Pauline Marois said Tuesday.

Marois was asked on the campaign trail whether an independent Quebec would be more attractive as a tourism destination.

"It won't change our landscapes, that's for sure," she said. "We'll still be able to go see the Rockies out west and go to Prince Edward Island and they'll be able to come here. There won't be any borders or tolls."

Marois then said an independent Quebec would have more latitude and freedom but she did not immediately elaborate on the border issue.

Later in the day, Marois sought to clarify the border comments when she agreed with a reporter's assertion that an independent Quebec would be like the European Union, where there is free movement of citizens.

"That's what it means, but



Parti Québécois Leader Pauline Marois walks to her campaign bus Tuesday after a press conference in Bécancour, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

that's not to say there wouldn't be a (Quebec) citizenship and ... a passport," Marois said.

For his part, Liberal Leader Philippe Couillard said the PQ's constant musings on Quebec's future only serve to hurt the province.

"Every time they hint at a referendum, Quebec is weakened," he said at a campaign stop in Trois-Rivières.

THE CANADIAN PRESS

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(1) Bonus gift will vary by store location and value of phone. See store for full details. Bonus gift available with new activations only. While quantities last.
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Missing jet last spotted off course: Malaysian military

Flight MH370.

Hijacking, sabotage and the pilots' psychological health are being considered

The missing Boeing 777 jetliner changed course over the sea, crossed Malaysia and reached the Strait of Malacca — hundreds of miles from its last position recorded by civilian authorities, Malaysian military officials said Tuesday, citing military radar data.

The development added confusion and mystery into what is emerging as one of most puzzling aviation incidents of recent time, and it has raised questions about why the Malaysia Airlines flight apparently was not transmitting signals detectable by civilian radar or sending distress calls after it turned back.

Many experts have been working on the assumption there was a catastrophic event on the flight — such as an explosion, engine failure, terrorist attack, extreme turbulence, pilot error or even



These images released by police during a news conference in Sepang, Malaysia, on Tuesday, show, at left, an Iranian identified as Pouria Nour Mohammad Mehrdad, who Malaysian authorities say is 19, though Interpol's information indicated an age of 18, and 29-year-old Iranian Delavar Seyedmohammaderza. The men boarded the now-missing Malaysia Airlines jet MH370 with stolen passports. MALAYSIAN POLICE/THE ASSOCIATED PRESS

suicide. The director of the CIA said in Washington that he still would not rule out terrorism.

Flight MH370, carrying 239 people, took off from Kuala Lumpur at 12:41 a.m. Saturday, bound for Beijing.

Authorities initially said its last contact with ground controllers was less than an hour into the flight at a height of 35,000 feet, when the plane was somewhere between the east coast of Malaysia and Vietnam. THE ASSOCIATED PRESS

In broad daylight. Swedish journalist murdered in Kabul by unknown gunman

A journalist for Swedish radio was shot and killed by an unidentified gunman on Tuesday as he stood by a busy road in Kabul.

A spokesman for Kabul's criminal investigation section told The Canadian Press that Nils Horner, 51, was shot in the back of the head while talking to a translator on a street that runs along the Afghan capital's embassy district. The scene lies just up the way from the site of a deadly restaurant attack in January.

Horner, who was also a British citizen, was rushed from the scene, but succumbed before reaching the hospital, said Sayed Gul Agha Hashimi.

The journalist's driver and

translator are being questioned as part of the investigation.

A witness, who didn't want to give his name, said two young men approached Horner just after he'd gotten out of a car and while he was in conversation with the translator.

He said the men's appearance didn't raise any alarm and it seemed they all knew each other. Then one of the men pulled out a gun with a silencer and shot Horner.

British news media reports say Horner had been on his way to meet a survivor of the January restaurant attack, in which Taliban militants killed 13 foreigners and eight Afghans. THE CANADIAN PRESS

White House website

Man pleads guilty in Obama threat posting

A U.S. man has pleaded guilty to posting a threat to kill President Barack Obama on the White House website.

Nicholas Savino pleaded guilty Monday to posting the threat last August that said, "President Obama the Anti-Christ. As a result of breaking the constitution you will stand down or be shot dead."

The 42-year-old will be sentenced June 11. He faces up to five years in prison and a \$250,000 US fine. Under a plea agreement, Savino will forfeit three guns and about 11,000 rounds of ammunition that agents found in his apartment and car.

THE ASSOCIATED PRESS

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*Book by December 15, 2014 (11:59 p.m. MT). Advance booking required. Non-refundable and non-transferable. Offer limited and subject to availability. Offer subject to change and expire without notice. New bookings only. Not valid on group bookings. Other restrictions may apply. A fuel surcharge applies to Air Miles™ redemption bookings. Transfers to/from the hotel are included. ^Resort credit will be distributed to guests upon arrival at the time of check-in. Limitless Resort Credit can be used towards selected tours, golf, spa and beauty salon services, romantic and special dinner events, upgraded wine selection at restaurants, photo packages at rock shots®, selected take away products, The Colin Cowie Weddings Collection™, and upscale experiences at ORO Night Club. Limitless Resort Credit cannot be exchanged for cash. No cash reimbursement if unused. Promotion is not combinable with other credits, discounts or promotions unless specifically indicated. See westjetvacations.com for full details.

Critch's corner



Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO IN HALIFAX

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws.

But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.

I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?

I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?

The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?

Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?

I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

GEORDON OMAND/FOR METRO IN HALIFAX

WHO IS AN EAST

Know the East Coast, from least to most.

Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?

RUTH
DAVENPORT
Metro in Halifax

In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a professor of sociology and Canadian studies at Halifax's Dalhousie University.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also

Whose identity is it?

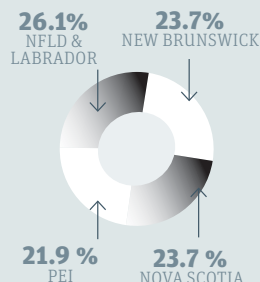
"There's a fair bit of this being the ball in our court.... Are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?"

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

Smoking rates

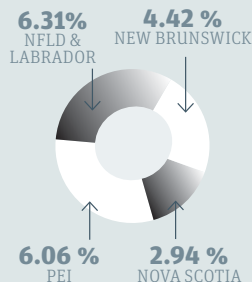
SOURCE: STATISTICS CANADA

(2012)
CANADA: 20.3 %



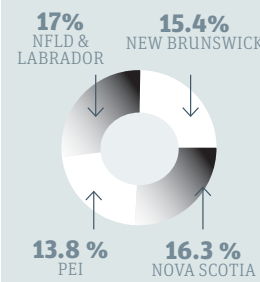
EI claims:

(AS PERCENTAGE OF
POPULATION 2012)
CANADA: 1.48 %



Alcohol use

(EXCEEDING LOW-RISK
DRINKING GUIDELINES,
CHRONIC, 2011)
CANADA: 14.4 %



contribute to some of the reality."

Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates, are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processors in the plant

workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar.... When you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's ... taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypical comment," said



Will the image of plaid-clad fisherfolk follow East Coasters for generations to come?

JEFF HARPER/METRO IN HALIFAX

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined

you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punch-lines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

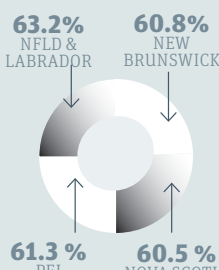
"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefiting from its workers and exports.

"I f

Body mass index

BODY MASS INDEX, OVERWEIGHT OR OBESE, SELF-REPORTED CANADA: 52.5 %



central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say ... there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Your turn

How would you describe an East Coaster?



We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer... salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back... less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic... full of complaints but no solutions, & completely out of touch with younger generations.

Easy going people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE/Flickr, 2: LITHIA LIFE/Flickr, 3: NITTOBOB/Flickr, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR/Flickr

Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.



Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.

George Jetson had his flying car, Sergey Brin has his driverless car

Soon you'll have one too? With self-driving cars already being tested, officials are busy deciding on the new rules of the road

Sooner or later, consumers will be able to buy cars that rely on computers — not the owner — to do the driving.

With that in mind, the California Department of Motor Vehicles held an initial public hearing Tuesday as it puzzles through how to regulate the public's use of the technology that is still being tested.

Among the complex questions officials wanted to unravel:

How will the state know the cars are safe?

Does a driver even need to



While he is clearly no George Jetson, Google co-founder Sergey Brin seems pleased after riding in a driverless car with California Gov. Jerry Brown, far left, and state Sen. Alex Padilla, second from left, to a bill signing for driverless cars at Google headquarters in Mountain View, Calif., in 2012. ERIC RISBERG/THE ASSOCIATED PRESS FILE

be behind the wheel?

Can manufacturers mine data from on board computers to make product pitches

based on where the car goes or set insurance rates on how it is driven?

Once the stuff of science

fiction, driverless cars could be commercially available by decade's end. Before then, the DMV wants to decide

how to integrate the cars — often called autonomous vehicles — onto public roads.

Three other states have

passed driverless car laws, but those rules mostly focus on testing.

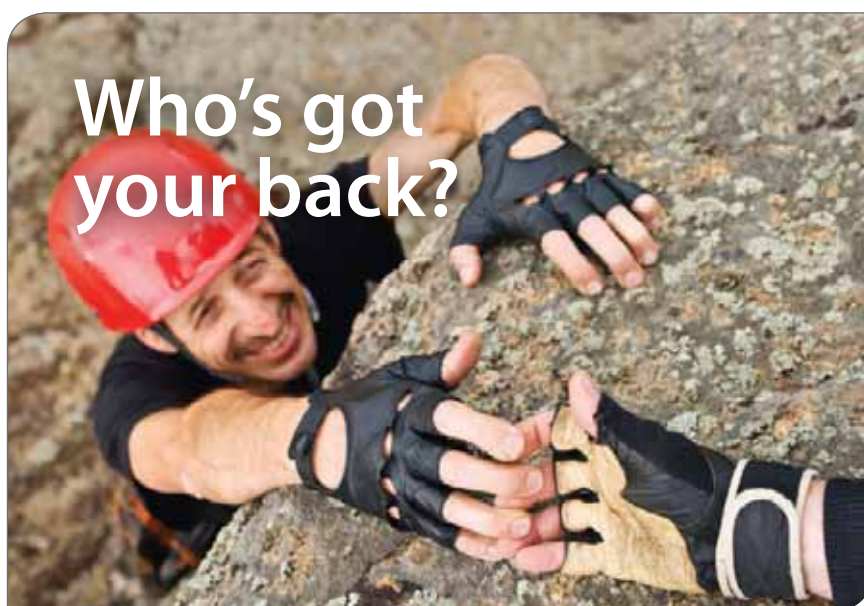
THE ASSOCIATED PRESS

Setting the standards

California's legislature passed a law in 2012 that mandated rules on testing and public operation, and the DMV expects within weeks to finalize regulations dictating what companies must do to test the technology on public roads.

- Those rules came after Google Inc. already had sent its fleet of Priuses and Lexuses, fitted with an array of sensors including radar and lasers, hundreds of thousands of miles in California.

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20-year fight

Raw milk activist plows ahead after court loss

A farmer who has spent two decades fighting for the right to sell unpasteurized milk to willing buyers pledged to take his case to the country's highest court Tuesday after losing an appeal against his conviction for breaking public health laws.

Speaking minutes after the Ontario Court of Appeal ruling, an unbowed Michael Schmidt said he would continue with his milk operation and legal battle.

THE CANADIAN PRESS

Market Minute



DOLLAR
90.07¢ (-0.01¢)



TSX
14,267.23 (-34.83)



OIL
\$100.03 US (-\$1.09)



GOLD
\$1,346.70 US (+\$5.20)

Natural gas: \$4.59 US (-\$0.07)
Dow Jones: 16,351.25 (-67.43)

Take that, polar vortex. Top U.S. airlines flying high despite rough winter

U.S. airlines are still tallying up the damage from this winter's storms, but solid demand for travel means they are likely to weather the rocky start to 2014 in good shape.

Reports from some of the airlines point to higher average prices, and executives say spring bookings look strong.

This has been the worst winter for flight cancellations since the government started keeping track more than 25 years ago. The top four airline companies by miles flown — American, which includes US Airways; United; Delta; and Southwest — have cancelled

nearly 75,000 flights this year. Snow and ice storms have fouled schedules at big airports in Chicago, Atlanta, the New York City area and elsewhere.

Since Jan. 1, Delta Air Lines Inc. has cancelled 17,000 flights. In weaker times for the industry, that might have been devastating, said Ed Bastian, the airline's president. Those cancellations will cut revenue by \$90 million US and pretax earnings by \$55 million US, but Delta still expects to post a record profit for the first quarter, usually the weakest season for airlines, he said.

THE ASSOCIATED PRESS



While airlines raked in the profits, many travellers were stuck waiting after flights were cancelled due to the weather this winter. THE ASSOCIATED PRESS FILE



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financing

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Sportage SX Luxury shown⁴

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hwy / city 100km⁴
7.0L/10.0L

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~~**\$143**~~

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first 15 MONTHS.
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financing

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MUSTN'T FORGET THAT UFO INVASION

With all the talk about the zombie apocalypse these days, you don't hear much about UFOs. It's as if they've just vanished from the sky.

Well, you'll be pleased to hear that's not the case.

In fact, here in Canada, the number of UFO sightings has never been higher. They haven't gone away. It's just that nobody cares anymore. We have zombies — and a few leftover sparkling vampires — to worry about.

Despite the shift in phantom phashion, Chris Rutkowski, chief researcher at Ufology Research (formerly Ufology Research of Manitoba, in case you were wondering) keeps grinding out the annual UFO survey.

As you might expect, 2012, the year of the Mayan apocalypse that didn't happen (it's hard keeping all these apocalypses straight), was a record year for UFO sightings. For some reason the Maya, who are Mesoamerican indigenous per-



JUST SAYIN'
Paul Sullivan
metronews.ca

sons, and UFOs, piloted by Romulan indigenous persons, are often linked.

Anyway, there were 1,981 sightings in 2012, but 2013 was no slouch for sightings either, according to the latest report, fresh from the twilight zone. There were 1,180 UFO sightings reported in Canada in 2013, about three a day.

A triumphant note has a tendency to creep into Rutkowski's otherwise commendable attempt to stay on an even keel. "UFOs have not gone away. This data clearly contradicts comments by those who would assert that UFOs are a 'passing fad' or that UFO sightings are decreasing."

That "passing fad" guy? That would be me.

To his credit, Rutkowski keeps an open mind about what people are seeing. Most cases are, um, nocturnal lights (631). But daylight discs are creeping up (145). You'll also be pleased to know that there are still a few good-old-fash-

ioned close encounters of a third kind, in which actual Romulans are encountered (the more scientifically rigorous Rutkowski calls them "entities"). There are even three close encounters of a *fourth* kind, "an alleged 'abduction' or 'contact' experience." I'll bet.

Most intriguing, a full 14 per cent of all 2013 UFO reports are classified as unexplained. The truth may or may not be out there.

Rutkowski is ready to concede that a failure to recognize conventional or natural objects may be the underlying reason for some of these sightings, but he doesn't rule out the possibility that more secret or classified military exercises are underway — or maybe there's just an increase in Amazon drone test flights.

On the other hand, maybe more nutbars (my word) with an inclination to share have access to the Internet. My favourite possible reason: The downturn in the economy is "leading to an increased desire by some people to look skyward for assistance."

Cosmic panhandling. It's a growing problem.

ZOOM

Left to nature, in plane view



ALEX MACLEAN/BEETLES + HUXLEY

Humanity's mark seen from the air

A "bone yard" of B-52 bombers in Tucson, Ariz. Man's impact on the natural world is revealed in a new exhibit by photographer Alex MacLean. Taken above the earth from a plane, the pictures offer a thought-provoking perspective on human intervention. MacLean's work is being shown at the U.K.'s Beetles + Huxley gallery until March 29.

MWN

Photog's viewpoint



"I try to make my pictures beautiful, but also to get the audience to appreciate the underlying substance of my projects such as globalization and climate change."

Alex MacLean, 67

Patterns sketch out culture and people

An architect by training, MacLean sees orderly yet artistic patterns created by humans from his almost godlike perspective: "The arrangement of man-made objects and markings tell so much about culture and people living on the land. With the distance of the aerial perspective, it's as if you are looking at a perfect model of basic organizational principles." MWN



This colourful image of shipping containers in Portsmouth, Va., is sombre in tone: "It's a perfect metaphor for my concerns about globalization," says MacLean.

ALEX MACLEAN/BEETLES + HUXLEY

Clickbait



LUKE SIMCOE
Metro Online

On March 12, 1989, Tim Berners-Lee presented a paper at the CERN lab in Switzerland, outlining his vision for sharing files between computers. Twenty-five years later, that vision is now woven into our everyday lives in the form of the World Wide Web. So, on the occasion of the web's 25th birthday, here are a few ways to celebrate.

The Internet Archive (archive.org/web):

Known as the WayBack Machine, this archive of more than 398 billion web pages offers you a sizable glimpse into the web's past. It's kind of like looking at the web's baby photos.



GETTY IMAGES

The first website:

Although Berners-Lee had conceived of the web back in 1989, it took him until 1993 to launch the first website. It's still online, and available at info.cern.ch.

The gift of cash:

Berners-Lee could have gotten rich by patenting the technology behind the web, but instead chose to give it to the world as a free resource. So today, why not donate to some of the organizations fighting to keep the web free and open, like OpenMedia.ca or the Electronic Frontier Foundation (eff.org).

Twitter



@metropicks asked: Snowden says NSA is "setting fire to the future of the Internet." Have his leaks affected your web use?

@Zaedum: knowing that countries are using my information without my permission has made me more wary to what I do and which apps I use.

@speirs: Snowden's leaks have verified what I have suspected about myself. My metadata profile: Subject has no life.

Follow @metropicks and take part in our daily poll.

Comments

RE: Surly Pet Cat Traps U.S. Couple, Who Call 911, published March 11

So the cat has a history of violence and they are keeping it despite it scratching a 7 month old baby's face. Just another example of idiots choosing animals over people. **freebird posted to metronews.ca**

They didn't have a quilt to throw on it? **Maple Syrup posted to metronews.ca**

Pissed off cat, I can believe. Gunless Americans???? That's a tough one to swallow. **MP posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: edmontonletters@metronews.ca

Another case of hotel as grand old backdrop of frolic and folly

Lobby for fun. Wes Anderson latest director to resort to hotel as centre of action



IN FOCUS
Richard Crouse
scene@metronews.ca

"Grand Hotel... always the same. People come, people go. Nothing ever happens."

That famous line from the Greta Garbo film *Grand Hotel* is only half right. Hundreds of movies have used hotels as a backdrop for the action because people come, people go, but despite the quote's assertion, there's always something happening.

This weekend's *The Grand Budapest Hotel* is a case in point. Starring Ralph Fiennes as a concierge at a European hotel between the world wars, it features an all-star cast, including Bill Murray, Owen Wilson, Harvey Keitel and Edward Norton. They are all part of the fabric of the hotel's history, which includes assassins, murder, riches and a mysterious painting.

Hollywood has always recognized that the transient nature of hotels makes for great drama.

New York City's Plaza Hotel has played host to many famous movie scenes. Everything from *Barefoot in the Park* to *Funny Girl* to *The Great Gatsby* has used the iconic hotel as a backdrop, but it is probably best known as a location for North by



Ralph Fiennes stars as a concierge in Wes Anderson's *The Grand Budapest Hotel*. CONTRIBUTED

Northwest. In the Alfred Hitchcock film, Roger O. Thornhill (Cary Grant) is mistaken for a government agent and kidnapped from the ornate lobby.

The opening shot of *Goldfinger* features a stunning aerial view of Miami's Fontainebleau Hotel, which at the time was the most luxurious guesthouse on Miami Beach. Later in the film, Bond girl Jill Masterson (Shirley Eaton) dies of skin asphyxia-

tion inside the hotel after henchman Oddjob (Harold Sakata) coats her whole body in gold paint.

In the 1920s the Hotel del Coronado was a famous weekend getaway for Hollywood stars like Mae West, Charlie Chaplin, Clark Gable and Errol Flynn, but the Victorian wooden beach resort found fame as the setting for several scenes in *Some Like It Hot*. Located on San Diego Bay across from San Diego,

the beachfront location was the scene of one of the film's most famous lines. When Jerry (Jack Lemmon) first spies Sugar Kane (Marilyn Monroe) sashaying through the sand, he says, "Look how she moves! It's like Jell-O on springs."

Stephen King was inspired to write *The Shining* after staying at the 140-room Stanley Hotel in Colorado. "I think a lot of things happened right here in this particular hotel

over the years," says Dick Hallorann (Scatman Crothers) in the film version. "And not all of 'em was good."

The Stanley has been used as a location for *Dumb and Dumber* and other films, but Stanley Kubrick chose not to showcase the place in his 1980 adaptation of the novel. Instead, much to King's disappointment, he used Oregon's Timberline Lodge as a stand-in for the film's fictional Overlook Hotel.

2
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Keith Richards

Sex, drugs and children's literature

Keith Richards is writing a children's book. He really is.

The Rolling Stone who came to define the adults-only lifestyle of rock has a deal with Little, Brown Books for Young Readers for a picture story called *Gus & Me: The Story of My Granddad and My First Guitar*.

The publisher announced Tuesday that the book will come out this fall and will include illustrations by Richards' daughter, Theodora

Richards. Barnaby Harris and Bill Shapiro are assisting with the writing.

Gus is Gus Dupree, Keith Richards' beloved musician-grandfather. In a statement issued by the publisher, Richards said the book was based on "one of those magical moments" he had with Dupree. Richards, 70, has five grandchildren of his own. His memoir *Life* was published in 2010.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes denies secret Twitter account

Amanda Bynes has been behaving herself since returning to Twitter earlier this month — officially, at least.

According to *In Touch*, the troubled former child star has been using a secret second Twitter account to be her old self again, mocking familiar targets like Rihanna and Courtney Love and obsessing over her dog and going to the gym under the

pseudonym Ashley Barks. "If this isn't Amanda Bynes' private Twitter account, then someone is doing a very good job of impersonating her," a social media expert tells the magazine.

But Bynes herself says the story is bogus, taking to her official Twitter account to write, "FYI This is my only twitter account, I have no secret twitter accounts."



Amanda Bynes ALL PHOTOS GETTY IMAGES

Mamma Mia! Miley eyes getaway in Clooney's hood

George Clooney's hideaway in Lake Como, Italy, might not be such a peaceful retreat if Miley Cyrus goes through with her reported plan to purchase a home near the Monuments Men star.

"Miley is seriously talking about purchasing a home on Lake Como," a source tells Radar Online.

Apparently the search is part of her efforts to maintain the control over her fortune.



Miley Cyrus

"She's going to buy the biggest and most expensive houses she can in part to keep the money away from her parents," the source says.

Twitter



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I mean, there's a goddamned JUMBO JET that's MISSING. I'm trying to be calm, but this is @StephenKing LANGOLIERS s---. Steve?



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The Word

Captain America sick of partying — except with his fellow superheroes

Captain America star Chris Evans is looking to settle down and put the partying to rest, according to *Glamour* U.K.

"In your 20s you think, 'How will I ever not like going out?' You have drinks, buddies, music — great," Evans tells the magazine. "But in the last two or three years, I go to a club and I kind of wish I was home. My idea of a good time has evolved a bit, so a night out with me might not be as exciting as it might have been a couple of years ago."

He does make an exception, though for his Avengers co-stars, including Robert Downey Jr., Mark Ruffalo, Scarlett Johansson and Chris Hemsworth.

"It's different with those guys," he says. "You're like, 'Come on, guys, this is great! This isn't going to last forever and this is a really fun group of people doing a really fun



thing. Let's go get drunk!' I try to be the motivating force. Everyone's married and has

kids and s--- like that, so I'm still the one single guy going, 'Come on, shots!'"

Perfect pubs for Paddy's Day

Raise your pint glass.

It can be tough to find an authentic Irish watering hole on this side of the Atlantic; here are five suggestions

STEVE
GOW

life@metronews.ca

There's no shortage of bars across the country claiming to be Irish, but only a precious few can say their roots are tied to the Emerald Isle. If you're particular about celebrating St. Patrick's Day in true Irish tradition, here are five of Canada's most authentic pubs.

Durty Nelly's (Halifax)

Named after a famous Irish landmark, Durty Nelly's is credible enough to boast that its interior was actually designed and constructed in Dublin before crossing the Atlantic to be rebuilt in downtown Halifax. Toss in seafood chowder that has even been praised by the L.A. Times and this pub is certainly worth its Celtic salt.

Irish Specialties: Guinness Lamb Shank (\$19), Seafood Chowder (\$12.50)

P.J. O'Brien (Toronto)

Opened by well-known Cloone-born businessman Pat Quinn, P.J. O'Brien features a classic copper-topped bar, authentic Irish cuisine, white-jacketed bartenders and plenty of hospitality. Although the always-friendly proprietor passed away in 2009, his gregarious legacy lives on through his son. Don't be surprised if Pat Quinn Jr. even comes over and buys you a round.



The Irish Heather in Vancouver is modelled after modern Irish gastropubs. IRISH HEATHER

Irish Specialties: Beef and Guinness Stew (\$15), Kilkenny Ale Fish & Chips (\$15)

O'Hanlon's (Regina)

Surprisingly, the reigning champ for selling the most Guinness pints in Canada is located in Regina. Run by Limerick native Niall O'Hanlon, the eponymous pub sold 61 kegs of the popular stout last St. Patrick's Day and aims to defend the title. O'Hanlon's is primarily an alehouse, but attracts a diverse clientele.

Irish Specialties: Corned Beef and Cabbage (\$15), Shepherd's Pie (\$14)

James Joyce (Calgary)

Located amongst Calgary's skyscraper-lined downtown, James Joyce was opened by Irish im-

migrants Anne and Gerard Curran to bring Gaelic ambience to the Stampede City. Highlighted by traditional Celtic music and decorated with scores of artifacts and heirlooms ranging from schoolbooks to a penny-farthing bicycle, this dark, inviting pub will make you feel like you've been transplanted to the Emerald Isle.

Irish Specialties: Irish Potato Boxty (\$13), Ballycastle Bacon Bites (\$11)

Irish Heather (Vancouver)

For a slightly bit more contemporary "craic" experience, Irish Heather in Vancouver's historic Gastown district models itself on modern Irish gastropubs, but it's still the perfect pub to soak up Celtic spirit with a Guinness in hand. In the popu-



Durty Nelly's interior was constructed in Dublin. DURTY NELLY'S

lar backroom distillery, devotees can test out Vancouver's biggest selection of whiskeys.

Irish Specialties: Bangers & Mash (\$17), Lamb Shepherd's Pie (\$18)

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Take a (cheap) bite out of the Big Apple

Frugal New York. Act like a big spender with reward miles, discount sites and Twitter deals

VAWN
HIMMELSBACH
life@metronews.ca

By the time you add up the costs of a hotel room, dining out and tickets to a Broadway show, a trip to the Big Apple can leave you with a hefty credit card bill.

But it doesn't have to. It's possible to do New York on the cheap while still experiencing the best this city has to offer — no need for eating fast food or sleeping on a park bench.

Sure, you might be dreaming about a white sandy beach this time of year, but New York is one of those cities that can be visited year-round, and winter-time offers the added bonus of off-season rates, not to mention strolling through snow-covered Central Park. And you won't have to deal with the hordes of tourists that flock to the city in the summer.

On a recent trip to New York, I used Aeroplan reward miles to fly there and for my hotel stay at the Westin New York at Times Square, right down the street from the theatre where I also used miles to get tickets to Kinky Boots — one of the hottest shows on Broadway (and the



Want a cheap activity in NYC? Try renting skates at Wollman Rink in Central Park. GETTY IMAGES FILE

winner of six Tony Awards including best musical).

I also discovered I could use miles for "experiences" including a helicopter ride over Manhattan, an NBC studio tour at Rockefeller Plaza, and a chocolate, dessert and wine walking tour in the SoHo and Nolita neighbourhoods.

Don't have miles? Hotels in Manhattan can be pricey, but the city also offers a range of "boutique" hostels, which are more upscale than your typical hostel; most offer private rooms, with breakfast and Wifi included. (I stayed at one for \$40 US per person in a double-occupancy room.)

When travelling off-season, it's often easier to find discounts on hotels through travel deal websites. Or, you can opt for Airbnb (where you pay to stay in someone's home) or couchsurfing (where you stay for free in someone's home and essentially "sleep on the couch" — although

it's considered good form to take your hosts out for a dinner).

There are several Broadway discount ticket services; try the city's TKTS booths. Or, try for rush tickets, typically available a few hours before the start of a production at heavily discounted rates. Tip: Call the box office

Save on the sights

Admission to NYC's biggest attractions can add up (taking an elevator to the top of the Empire State Building will cost you \$27 US). But check for free options; the Museum of Modern Art, for example, offers free admission on Fridays from 4 – 8 p.m. You can also buy a New York City Pass that offers access to more than 80 attractions (an adult one-day pass costs \$80 US).

ahead of time and ask when you'll have the best chance of getting rush tickets.

There are plenty of ways to explore NYC for free or on the cheap, from renting skates at Wollman Rink in Central Park to going on a gallery art crawl through Chelsea and hitting up the Thursday night wine-and-cheese openings.

NYC is the city that never sleeps, and there's always something going on that's free or cheap, from concerts and films to events and parties. Follow Twitter accounts such as @free_nyc to get the scoop in real time. Twitter is also a great way to track down food trucks and get gourmet eats on the cheap.

All these savings mean you'll get to see the best of NYC — and have cash left over for hitting the shops in SoHo.

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New

Route to Israel

Porter Airlines and EL AL Israel Airlines have joined forces, leveraging their links with Newark airport in New Jersey to make it a hub for people travelling between Tel Aviv and Toronto (to Billy Bishop Toronto City Airport). Porter, which flies to and from Newark up to 13 times a day, is teasing us with news of more such deals with other airlines in the future. Stay tuned at elal.co.il and flyporter.com.

DOUG WALLACE/METRO

Deal

Soho Beach House

Miami's recently expanded Soho Beach House is having a bit of a sale. This exclusive, private club for the creative crowd has a 50-room hotel open to the public, offering rooms starting at \$250 when you book before March 31 a minimum five-night stay between May 1 and October 24. You save at least \$150 per night — and can enjoy similar privileges and facilities as the club members, including two pools, a garden, private beach, live music, guest speakers and more. Visit sohobeachhouse.com.

DOUG WALLACE/METRO

How-to

Travel with the comforts of home

1. Pack a travel coffee maker (Aeropress.com) and a small bag of some nice Illy coffee. 2. Snack while you unpack, with things you bring from home: toasted almonds, a jar of artichokes, a wedge of cheese, your favourite crackers. 3. A tiny travel steamer will save you from cursing at the seen-better-days iron and unruly ironing board in the closet. 4. BYOP — bring your own pillowcase. It will smell just like home.

DOUG WALLACE/METRO

Looking for a lucky charm?

Sweet souvenirs.

'Tis the season for pots of gold and leprechauns, but try taking home some of these talismans from your travels



ON THE MOVE
Loren Christie
life@metronews.ca

Glass charms Greece and Turkey

The evil eye refers to bad energy transmitted by a person who has negative and covetous thoughts. Victims, from humans to horses, are said to suffer from headaches, nausea or impotence. While locals believe the blessings from church officials or remedies administered from a learned elder can cure them, interlopers may find the purchase of a preventative charm to

be their safest bet. Found almost everywhere around the Aegean Sea, eyes painted on blue glass reflect the power of the evil eye back on itself.

Dream catcher, Arizona

The legend of the dream catcher is woven into the oral histories and traditions of many native cultures in North America. Its principal purpose is to filter bad dreams, ensnaring the bad ones and directing the good ones to a person's subconscious. In addition to a getting a good night's sleep, owners are believed to be blessed with improved health.

Voodoo doll, New Orleans

In the mid 1700s, voodoo rapidly spread in New Orleans as the mystical religion overlaid its symbols and deities with those of Christianity. Drawing on their European masters' traditional use of effigies, slave practitioners created the voodoo doll. Whether the energy surrounding



Eyes painted on blue glass can ward off negative energy from the evil eye. These are found almost anywhere around the Aegean Sea. ISTOCK

them is good or bad depends on the intent of their creators and owners. Pick up a white voodoo doll, which is aimed at transferring positive energy and good luck from one person to another.

Corno, Italy

The phallic shape of a corno has been a symbol of fertility, fortune and power since Roman times. Like the point of a sword fending off

a foe in battle, its tip is said to protect owners against harm. To harness its' protective power pick up a gold or coral charm, or perhaps a T-shirt with a corno emblazoned on it.

Lava rocks, Hawaii

Some mementoes are better left behind! According to legend, Hawaii's goddess of volcanoes doesn't take too kindly to those who cart pieces of lava rock, coral



Dream catchers are part of the traditions of many North American native cultures. Their main purpose is to filter bad dreams. ISTOCK

or even sand off the islands that she's believed to have created. The best way to avoid her curse? Stick to taking photographs of the landscape.

Bucket list



Cue the classics

Sundance, Cannes — who cares? It's not too late to sign up for the TCM Classic Film Festival April 10 to 13 — because you know you've always wanted to. This fifth annual event will see hosts Robert Osborne and Ben Mankiewicz (and you!) rubbing shoulders with legendary stars in and around the Hollywood Roosevelt Hotel, the site of the first Academy Awards ceremony. Film buffs from around the world will congregate to help TCM celebrate its 20th anniversary with red-carpet galas, special movie screenings, the Vanity Fair opening night party and more. The list of special guests includes Kim Novak, Mel Brooks (above), Shirley Jones and more. Passes start at \$250 US and run to \$1,600. Go to filmfestival.tcm.com. **DOUG WALLACE/METRO**

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Dismiss the disaster at your desk

Address that mess.

Creating a comfortable, functional, interesting workspace will keep you well-organized, and help you get more done

SHAHEERAH
KAYANI
TalentEgg.ca

Do you have a messy desk? Are you missing important items, and suspect they're somewhere in the stacks of paper that have mysteriously accumulated?

Perhaps you're also unhappy with the boring office walls surrounding you, or the lack of storage space.

These things matter, because having an unorganized office space can make you less interested in your work. So break out that office dust buster and get tidying.

De-clutter

Get rid of whatever you no



If you set aside a few minutes every day to give your office space a quick once-over, you'll avoid the burden of business build-up. iStock

longer actually use or need, because those things are only taking up space that could be

better put to use.

You will likely find that you have old items lying around

that you don't even remember acquiring. Items that you don't use on a daily basis can be stored in drawers or cupboards to help de-clutter your desk.

Avoid having duplicates of anything that could more conveniently be stored on your computer.

Keep a recycling bin under your desk to easily discard useless extra paper copies that can later be used as scrap paper. A cool trick is to snap a quick picture of your office space to better identify clutter areas and redesign your working space.

Set a routine

Having a daily routine can help you get regular tasks out of the way before they accumulate each morning. This lets you get to work on other things — meaning you won't have mul-

tiples projects on the go at once.

Establish a morning routine that includes answering all your emails and calls and checking your to-do list. Once this is out of the way, you'll be better prepared for the rest of your working day and have fewer interruptions.

Try and restrict your workspace to having one or two projects on the go, at most.

Get organized

Less is rarely more when it comes to getting organized. There's a whole world of storage units and items (big and small) out there. Grab a measuring tape and start searching.

Sticking to a budget? You can always adapt common items to help you cut clutter.

Make sure you have plenty of good and easy-to-use storage items such as cups for pens,

Let's get personal

Invest in some decor to bring a little character to your office space.

- You can also decorate your place with photos of family or loved ones or even a recent company event that will help keep you motivated.
- Don't have any pictures handy? A great and simple idea is to hang your favourite inspirational quote on the wall.

storage bins and an alphabetical filing system. If needed, install some new shelves to make good use of wall space.

Save time for clean-up

Before you leave the office, ensure that you give yourself five to 10 minutes to sort things out and do a little tidying. Start with the digital stuff: clean up your inbox, file everything, update your to-do list and schedule reminders.

Then turn your attention to the workspace itself. Put away completed projects and organize ongoing ones so you'll be able to pick up where you left off. If your workplace has a clean desk policy, allocate drawer or storage space to store incomplete tasks so you don't lose track of what you were doing. Lastly, make sure all small objects and tools are put away.

The next work morning will be much easier when you have a clean clutter-free space to work with.

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Work without walls? It's a remote possibility

Out with the office. If you're going to be on the go with your work flow, make sure the boss knows you're on the ball

DAN
SCHAWBEL
Metro World News

If you aren't a remote worker right now, chances are you could be in the future. A new study by the work lifestyle company Flex+Strategy Group and Quest Diagnostics found that 31 per cent of full-time employees in the U.S. (about eight million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

I spent four years working remotely and ended up renting office space because

my situation was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage remote workers, but it's an important skill in the 21st century.

I spoke with Cali Williams Yost, founder of Flex+Strategy Group, to get her tips for remote workers.

Know your boundaries

When you aren't working in an office, it's hard to balance your work and life

Show that mug!

Face-time is still the best way to build relationships with the people you work with.

- "Make it a point to go into your employer's workplace regularly," says Yost. Nothing will replace in-person visits where people can get to know you on a personal level.

because you aren't clocked in. It's up to you to set time aside to do personal things that matter to you.

"Make it part of your routine to sit down for 20 minutes each week and review what you need to get done and want to get done on the job, with your career and in your personal life," Yost recommends.

Identify actions and priorities

As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you. "Identify the small, meaningful actions and priorities that will help

you be your best, at work and in your personal life, for the next seven days, whether it's completing an important project, getting enough sleep or eating healthy meals," Yost suggests.

Give regular status updates

One of the biggest concerns

managers have with remote workers is that they might be distracted. Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.



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Tackling to-dos with a scratch-off strategy

Live and let list. There are tools out there that will help upgrade your everyday list to a fully functioning task tackler

SIDNEYVEVE
MATRIX
TalentEgg.ca

We all make lists, and some of us far are better at using them than others.

They're the quintessential stay-on-track productivity tool, in both their low- and high-tech versions: from reminders scrawled on your hand or a flurry of Post-it to-dos, to the hundreds of apps available for your desktop and smartphone.

Part of most people's everyday quest to stay on top of tasks and to remember tidbits of information, the lowly list is your best friend on a busy day and your worst frenemy when it gets totally out of control and you've run out of that most precious commodity: time.

One thing is for sure, if you're job searching, you have plenty of plans on your plate.

Especially if while look-

ing for your next position, you're currently employed, balancing childcare and work, or handling a full-time course load.

In those cases, mastering the art of the list matters, if it means increasing your productivity, feeling more focused, and reaching your goals faster.

So how to create smart task lists that really, really work?

Automate them

Try IFTTT.com (if-this-then-that) to create and manage tasks and reminders.

IFTTT on your smartphone helps you save time and accomplish more.

It can automatically take any emails labeled "to do" and add them to an iOS Reminders list, or copy "starred" Gmails to a Google Calendar task list.

It can also get your phone to check the weather and remind you to grab an umbrella, and autodisplay your daily to-dos the second you set out on the morning commute.

Leveraging Facebook, Twitter, Foursquare and dozens of other popular social apps to keep you on track and on task, IFTTT lets you connect the dots between, and cross off or



Wouldn't it be nice to walk into your home at night having checked off all that's been busying your brain? iSTOCK



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A custom fit

Of course at the end of the day, productivity is deeply personal — one tool or list-making strategy will work better for you than the next.

- The bottom line? When you have multiple deadlines, projects, and people competing for your time and attention, and not a minute to spare, don't let yourself feel immobilized and overwhelmed about everything.
- Instead, tame your to-dos with a smart list that reflects your individual work style and professional priorities. Now you're ready to get the job done.

Keep things in check

There's always more to do, but the satisfaction of scratching something off your list is real. Tracking your completed tasks may motivate and encourage you to get even more done.

Sidneyveve Matrix
Associate professor of media at Queen's University

cross-reference items from all the nodes in your digital life.

"Daypart" them

In broadcast journalism,

programming is "dayparted," because while certain shows work better in the morning, other types resonate with audiences in the evening.

Take a close look at your

schedule and see if it syncs with what you know about yourself.

Morning person? Get your second wind after midday coffee? Most focused in the wee hours?

Face your most demanding tasks during high-energy, peak-performance parts of your day, and align the low-stakes, repetitive tasks for the other parts.

Track them

There's always more to do, but the satisfaction of

scratching something off your list is real.

Tracking your completed tasks may motivate and encourage you to get even more done.

The Todoist app visualizes your accomplishments, so you can immediately see just how far you've progressed toward a goal.

Likewise, there are plenty of apps that use your smartphone to record time-on-task, especially handy for tracking billable hours, and allowing you to document, then sit back and reflect on what you've accomplished to date.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

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#QuestionoftheDay

@TalentEgg: Workplace hugs: DO or DON'T?



@EDSPowel: I say DON'T. However, I know that my coworkers @theof-ficedogs may disagree.

@Recruit_Campus: Workplace hugs: DO or DON'T? "DEPENDS...on the team, person, occasion & environment!"

@HenshawLaura: @TalentEgg hugs! But definitely be aware of your colleagues preferences for personal space

@kMistica: I'll go for a yes! #SpreadTheLove

An egg wrap for dinner? All the cool foodies are doing it!

Greek Style Couscous and Egg Wrap. Gone are the days when eggs were just a breakfast staple. Here, they star in a 15-minute dinner



DINNER EXPRESS
Emily Richards
food@metronews.ca

Ingredients

- 1/2 cup (125 ml) whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp (2 ml) dried thyme leaves or Italian herb seasoning
- 3/4 cup (175 ml) sodium reduced vegetable or chicken broth
- 1/4 cup (60 ml) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup (75 ml) 0% fat plain Greek yogurt
- 1/2 cup (125 ml) quartered grape tomatoes or chopped tomatoes
- 1/4 cup (60 ml) crumbled light feta cheese
- 3 tbsp (45 ml) chopped fresh basil or parsley
- 1/4 tsp (1 ml) fresh ground pepper
- 4 small whole wheat flour tortillas



START TO FINISH
15 MINUTES

This recipe serves four. CONTRIBUTED

This is an easy light dinner or make ahead lunch for the family.

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling. For a flavour twist, switch up your cheese and try goat cheese or ricotta instead of the feta.

1. Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand

FLASH FOOD



From your fridge to your table in 30 minutes or less

for 5 minutes.

2. Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

Cooking tips

- Out of broth? Use water instead. This will also help cut down on the sodium.
- Turn this recipe into a salad by baking the tortilla on a turned over ovenproof bowl in a 400 F (200 C) oven for about 5 minutes or until golden. Let cool slightly then fill with couscous mixture.
- No-fail way to make hard

cooked eggs: Place eggs in a single layer in saucepan and cover 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand 25 minutes. Drain water and run cold water over eggs to chill

3. Divide among the tortillas and roll up to enjoy. **FOR MORE**

OF EMILY RICHARDS' RECIPES THAT ARE PERFECT FOR DINNER AND MORE,

BE SURE TO CHECK OUT HEALTHYCANADIANS.GC.CA



This Cashew Berry French Toast recipe serves two. THE CANADIAN PRESS

French toast goes grainy

1. In a blender, combine cashews, water, almond milk, vanilla, cinnamon, nutmeg and salt. Blend until smooth. Transfer to a bowl.

2. Heat griddle to medium. Brush with coconut oil.

3. Dip both sides of bread in cashew mixture. Cook on each side until golden brown.

4. Top with coconut cream, fresh berries and maple syrup.

THE CANADIAN PRESS/THRIVE ENERGY COOKBOOK: 150 FUNCTIONAL, PLANT-BASED WHOLE FOOD RECIPES BY BRENDAN BRAZIER (PENGUIN CANADA, 2014).

Ingredients

- 125 ml (1/2 cup) raw cashews
- 250 ml (1 cup) water
- 250 ml (1 cup) unsweetened almond milk
- 5 ml (1 tsp) pure vanilla extract
- 0.5 ml (1/8 tsp) cinnamon
- 0.5 ml (1/8 tsp) ground nutmeg
- Pinch sea salt
- 30 ml (2 tbsp) virgin coconut oil
- 4 slices sprouted bread
- 35 ml (2 heaping tbsp) coconut cream
- 50 ml (1/4 cup) fresh raspberries
- 50 ml (1/4 cup) fresh blueberries
- 3 or 4 fresh strawberries, cut in half
- 30 ml (2 tbsp) maple syrup



Teammates surround Viktor Fasth after he won in his Oilers debut, a 4-3 shootout win over the Wild, on Tuesday in St. Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

Fasth friends

NHL. New netminder in Edmonton wins in his Oilers debut, Hall scores shootout winner

Up three goals in the first period against the worst team in the Western Conference, the Minnesota Wild appeared to be rolling to an easy win.

However, the Edmonton Oilers refused to roll over.

The Oilers scored twice in the final nine minutes of regulation to force overtime, then completed their comeback

On Tuesday	
4	3
Oilers	Wild

when Taylor Hall scored in the fourth round of the shootout to lift Edmonton to a 4-3 victory over the Wild on Tuesday night.

"I'm proud of them. It would've been real easy to pack it in, call it a night and

get on to the next game, but our guys refused to do it," Oilers coach Dallas Eakins said. "They just kept scrapping and clawing and it's tough against a team like that."

In the shootout, Hall beat Darcy Kuemper with a forehand after each team scored in the first two rounds. Viktor Fasth stopped two straight shots before Hall slipped the game-winner between Kuemper's pads.

Fasth was making his Oilers debut after being acquired from the Anaheim Ducks at last week's trade deadline. The Oilers gave up a 2014 fifth-

round pick and a 2015 third-round pick for the 31-year-old Swede. He finished with 28 saves through overtime to help Edmonton win for the third time in four games.

Zach Parise, Jared Spurgeon and Jason Pominville all scored in a four-minute, 16-second span of the first period to put the Wild up 3-0.

Jeff Petry got the Oilers on the scoreboard about 90 seconds after the Wild's flurry, and David Perron and Jordan Eberle scored in the third period to tie it. Andrew Ference had two assists.

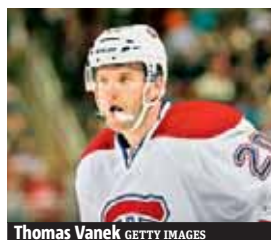
THE ASSOCIATED PRESS

Habs. Vanek excited to experience heated rivalry

It won't take long for Thomas Vanek to get his first taste of the heated Montreal Canadiens-Boston Bruins rivalry.

The 30-year-old acquired by Montreal at last week's NHL trade deadline will play his first home game at the Bell Centre against the Bruins on Wednesday night.

"Rivalries are for the fans," Vanek said Tuesday. "They're good for the league, but for us in here, and I'm sure it's the same as everywhere, it's just about winning the two points."



Thomas Vanek GETTY IMAGES

"But I'm sure the atmosphere will be great and I can't wait to experience it."

THE CANADIAN PRESS

Quebec

Politics won't affect view on expansion: NHL

Pierre Karl Péladeau's decision to run for the Parti Québécois doesn't impact the NHL's position on potentially putting an expansion franchise in the province, the league said Tuesday.

Péladeau of Quebecor Inc. has been one of the key figures in efforts to bring an NHL team back to Quebec City.

THE CANADIAN PRESS

Rules. Changes to OT, faceoffs may be proposed

NHL general managers may be nearing recommendations on rule changes but believe there is little need for significant action.

By Wednesday a number of proposals could be sent to the competition committee for consideration. Two key items might concern rules regarding overtime and the faceoff.

"The group recommended some changes to faceoff procedure and potentially instead of ejecting for a violation of faceoff procedure maybe

Snowboard cross

Maltais wins her 5th Crystal Globe

Dominique Maltais has secured the World Cup snowboard-cross title for a fourth straight year and fifth overall.

The native of Petite-Rivière-St François, Que., clinched the Crystal Globe after winning a World Cup event Tuesday.

Maltais won a silver medal last month at the Sochi Olympics.

THE CANADIAN PRESS

Tennis

Bouchard's run at BNP Paribas Open meets its end

Montreal's Eugenie Bouchard bowed out of the BNP Paribas Open on Tuesday, losing in the fourth round to sixth-seed Simona Halep of Romania 6-2, 1-6, 6-4.

Canada's last chance in the women's draw of the ATP-WTA tournament now rests with Aleksandra Wozniak. The player from Blainville, Que., was scheduled to face Australian Open champion and top seed Li Na later Tuesday.

THE CANADIAN PRESS

The scent of losing



"When (an opposing) team smells blood in the water, it's a dangerous thing."

Vancouver Canucks coach John Tortorella on his struggling team, which suffered a humiliating 7-4 home loss to the lowly New York Islanders on Monday night.

THE ASSOCIATED PRESS

penalizing in terms of making the centre man take a step back," NHL deputy commissioner Bill Daly said. "That was certainly something that was discussed."

The overtime rule might see each team switch ends of the ice necessitating longer line changes.

THE ASSOCIATED PRESS



Bill Daly GETTY IMAGES

Through rain, snow and sledge in Sochi



Paralympics roundup.

Canada's perfect sledge hockey record stays intact, Arendz battles for bronze in biathlon

Greg Westlake scored the game's only goal while Corbin Watson made seven saves for his second straight shutout Tuesday as Canada defeated the Czech Republic 1-0 in sledge hockey at the Sochi Paralympics.

Westlake broke the scoreless tie at 7:33 of the second period, ripping a shot upstairs from in tight for his second goal of the tournament.

Canada had a number of chances to extend the lead but was forced to hang on late as the Czechs made one final push in the dying seconds.

"They're a big team. They're physical," said Westlake. "They've got a lot of men on their team."

Canada has surrendered just one goal on 18 shots through three round-robin victories while outscoring its opponents 15-1.

"It was a fun game to play and it was a necessary game to play because we get better and we needed a team to push us going into the medal round,"

Firing blanks

"We had some scoring chances; there was just no finish." Team Canada sledge hockey coach Mike Mondin explains his team's trouble getting goals on Tuesday



Mark Arendz of Canada races to a bronze-medal finish in men's biathlon at the 2014 Paralympic Games in Sochi, Russia, on Tuesday. RONALD MARTINEZ/GETTY IMAGES

said Westlake.

Canada clinched first place in its pool and will take on the United States in one of Thursday's semifinals.

The Americans, who won gold four years ago in Vancouver, dropped a hard-fought 2-1 decision to the host Russians earlier Tuesday to finish second in their group.

Russia will meet Norway in the other semifinal.

Elsewhere on Tuesday, biathlete Mark Arendz battled pouring rain and dense fog to win a bronze medal in the

men's 12.5-kilometre standing category.

He finished in 30 minutes 31 seconds. Russia's Azat Karachurin won gold in 29:30.0 while Norway's Nils-Erik Ulset captured silver.

"To get a medal is awesome and that was the goal," said Arendz.

Arendz's medal was Canada's seventh so far in the competition (one gold, two silver, four bronze).

Host Russia continues to lead with a whopping 34 medals, 23 ahead of second-place

Ukraine. Canada and the United States are tied in third.

Arendz, who shot 19-of-20, said the poor visibility made the race extra challenging.

In para-alpine skiing, Braydon Luscombe of Duncan, B.C., was the top-placing Canadian, finishing second in the standing division with a time of 52.17 seconds. Josh Dueck of Kimberley, B.C., placed fifth in the sitting category in 59.93 seconds.

Standing athlete Kirk Schornstein of Spruce Grove, Alta., was 17th and Mac Mar-

coux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., did not finish their run in the visually impaired category.

In the women's slalom, standing skier Calgary's Alexandra Starker was the top-placing Canadian in 1:06.59. Toronto's Erin Latimer was eighth.

In wheelchair curling, Canada improved to 5-1 and moved into a first-place tie with Russia with an 8-5 victory over China.

THE CANADIAN PRESS

Terry Trafford

Body of missing OHL player found

Officials with the Saginaw Spirit say Michigan State Police have told them that the body of missing junior hockey player Terry Trafford has been found.

A man's body was found Tuesday afternoon in an SUV matching the description of one belonging to Trafford in the parking lot of a Walmart store in Saginaw Township.

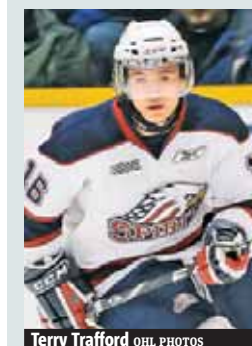
Trafford reportedly last was seen about 9:30 a.m. on March 3 at the Dow Event Center, the home arena for the Spirit.

In a statement on the Ontario Hockey League team's website, the Spirit offered condolences to Trafford's family and his friends in Ontario and Michigan.

Saginaw Spirit president Craig Goslin had said Trafford was sent home prior to his disappearance "for a violation of rules," but said Trafford wasn't permanently cut from the team.

At one point in the search, police said they believed Trafford might have left the state to return to his hometown of Toronto.

THE CANADIAN PRESS



Terry Trafford OHL PHOTOS



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2014 Dodge Grand Caravan Crew Plus shown: \$32,990.⁵



Starting from price for
2013 Dodge Dart GT shown: \$25,690.⁵



Starting from price for
2014 Jeep Cherokee Limited shown: \$31,690.⁵



Nissan's lovable Rogue for 2015



PHOTOS: WHEELBASEMEDIA.COM

2015 Nissan Rogue

- **Type.** Four-door, front- all-wheel-drive compact wagon
- **Engines (hp).** 2.5-litre DOHC I4 (170)
- **Transmissions.** Continuously variable (CVT)
- **Base price (incl. destination).** \$25,100



Fuel economy

The improved CVT helps bump fuel economy to 7.9 l/100 km in the city and 6.0 on the highway (8.2/6.2 for AWD models), compared to 9.0/7.0 for previous Rogues (9.6/7.7 for AWD).

Engine

Visually, the Tennessee-built Rogue swaps out its Murano-like egg-carton grille for one that's a whole lot bolder. It's part of a new front end with added folds and creases for the hood and fenders, an enlarged lower air intake and fancy jewel-like headlight pods ringed with standard LED (Light Emitting Diode) running lights.

Review. Quality weather versatility, good value and NASA-inspired seats will win you over

MALCOLM GUNN
wheelbasemedia.com

It's cold out here. Like, -20 C, with blowing snow and darkening skies in the heart of Quebec's Laurentian mountains just north of Montreal. And here we are, sampling Nissan's 2014 Rogue compact wagon.

The second-generation Rogue follows a pattern established by the original 2008 model-year version. Although a Nissan success story, the Rogue is kept at bay by the league-leading Honda CR-V, Ford Escape, Toyota RAV4 and Chevrolet Equinox. For 2014, the Rogue has upped its game with more distinctive styling, more comfortable and practical seating arrangements and improved fuel economy. They constitute basic motherhood issues for this segment that absolutely factor into the purchasing-deci-

sion process.

At the opposite end, the rear window and side glass are squared-off and the taillights are enlarged and repositioned above the fender line for improved style and visibility.

What isn't visible is the Rogue's all-new platform that's developed with Nissan's cross-ownership partner Renault. The Rogue's dimensions actually vary little from the original architecture, with just a 1.5-centimetre stretch between the front and rear wheels and similarly small increases in width and body height.

Inside, Nissan increased the Rogue's load capacity by about 20 per cent, thanks to a new fold-flat passenger seat. Overall interior volume is increased by about 10 per cent.

Nissan now offers a third-row seating option for the Rogue, which makes it the only small ute in its class outside of the Mitsubishi Outlander with the capacity to transport up to seven passengers. Access is secured by sliding the split-folding second-row bench forward up to nine inches, but as with most three-row arrangements

it's best to position only smaller folks in the back row for short journeys and surrender any meaningful amount of stowage space while it's in use.

The remaining restyled cabin area is a place of comfort and joy, especially the restyled dash/control panel layout and the NASA-inspired "Zero Gravity" front seats (similar to the ones in the Nissan Altima sedan). They really do the trick on extended trips, especially with the optional progressive quick-heat system that warms the thighs and hips before extending warmth to other body areas. Returning is a 175-horsepower 2.5-litre four-cylinder engine. It's connected to a continuously variable transmission (CVT) that now performs more like a traditional automatic in operation and performance. A redesigned belt and pulley system plus a sport-mode switch for the driver sharpens transmission operation and throttle response.

Various traction and control aids make winter tripping tolerable. The \$2,000 all-wheel-drive option—a must-have for snow-bound buyers—redirects

engine torque from the front to the rear, or to individual wheels, as necessary. The AWD can also be locked in 50/50 mode (front/back) at speeds below 40 km-h.

Other safety and comfort systems can be brought into play on the Rogue, such as Active Ride Control that uses the brakes and engine torque to help smooth rough-road jounces, Active Trace Control that applies the inner or outer brakes as needed for more directionally precise cornering and Active Engine Braking that automatically reduces engine torque to help slow down the vehicle while you're using the brake pedal.

Options include a power-adjustable driver's panorama sunroof and "Around View Monitor" that shows a bird's-eye view of what's going on around you. Also optional is a leather interior and a navigation system, which of course inflates the Rogue's \$25,100 base price but allows buyers to take the luxury route whether heading to and from work, or heading outdoors for some cold-weather fun.

Compare



1 Ford Escape
Base price: \$25,600



2 Honda CR-V
Base price: \$27,600



3 Chevrolet Equinox
Base price: \$28,100

5 DRIVE

Retail ready fuel-cell cars just 18 months away

Clean process. Toyota's new concept creates electricity to power an electric motor using hydrogen and oxygen from the air



AUTO PILOT
Mike Goetz
drive@metronews.ca

Fuel-cell vehicles have always had an aura of science fiction about them, even though the science has been around since 1850 or so, when Sir William Grove first mused about generating electricity by exploiting how electrons hold water together.

Don't worry, this will not be a science lesson.

Science and I stopped being friends in grade nine, when I wondered how the mild acid in a glass beaker would fair in a Styrofoam cup, and the acid ate the Styrofoam cup, and the finish on the desk, and



Under the skin of Toyota's latest concept vehicle, the FCV, are fuel-cell components destined for actual production vehicles. BOTH IMAGES PROVIDED

the finish on the floor, and caused Mr. Ramsey to be very ill-tempered with me.

I guess the vague science fiction feel comes from the notion of something could be a "fuel" — in this case hydrogen — yet only produce water as an "emission." It doesn't sound natural, in our lives so used to, and tied to, the combustion-ing of petro-

chemicals.

The only thing I want to say today about fuel cell vehicles is how close they are to actually being a fully retail product. Hyundai, Toyota, Honda, BMW and Mercedes-Benz have all officially announced intentions to have "retail ready" fuel-cell vehicles in showrooms within 18 to 24 months, depending



The ultra futuristic-looking hydrogen tank in place.

on the market.

Two years goes by fast. It's already been three years since Charlie Sheen was last seen on Two and a Half Men.

The manufacturers are deep into testing the actual fuel-cell components we will see on these retail units. No more going back to the drawing board for another blue-sky concept. Toyota's fuel-cell

test mule, for example, has been raking up miles in North America for over a year now, including a deep freeze stint in Yellowknife.

Off course, we still need a hydrogen re-fueling infrastructure, and that is not progressing along swimmingly. In fact, right now there is not one publicly accessible hydrogen station in all of Canada,

and no immediate plans to build any amount.

But say we overlook that alarming impediment and say fuel-cell vehicles will be a major force in the next few decades — because now it's time to look beyond fuel-cells. Yes, fuel cells are barely here, or more correctly not even here yet — but don't we need to know what will be the next big vehicle propulsion thing, after fuel cells?

Yes we need to know, but details are sketchy.

There doesn't seem to be one imminent and/or dominate science or technology currently poised to add to the list of major ways vehicles have been driven. So far on the timeline there is steam, electricity, the internal combustion engine using various petrochemicals, more electricity, and fuel-cells using hydrogen.

Maybe quantum physics will figure in somehow. There is some discussion about a quantum propulsion machine. I'd explain it, but I'd have to understand it first, and that's not going to happen.

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SHERWOOD HONDA
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GO HONDA
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#Limited time lease offers based on new 2014 Honda models. Lease examples based on a new 2014 Civic DX, model FB2E2EEX/2014 CR-V LX 2WD, model RM3H3EES, available through Honda Financial Services on approved credit. £1.99%/1.99% lease APR for 60/60 months. Bi-weekly payment, including freight and PDI, is \$85.00/\$135.00. Down payment of \$0/\$0, environmental fees, \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$11,050/\$17,550. Taxes, license, insurance, environmental fees and registration are extra. 120,000/120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. Retailer may lease for less. Retailer order/trade may be necessary. †MSRP is \$17,185/\$27,685 for a new 2014 Civic DX, model FB2E2EEX/2014 CR-V LX 2WD, model RM3H3EES, and includes \$1,495/\$1,695 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell or lease for less. Retailer order/trade may be necessary. #E/P Prices and/or payments shown do not include a PPSA lien registration fee of \$10.76 and lien registering agent's fee of \$5.25, which are both due at time of delivery. Offers valid from March 1, 2014 through March 31, 2014 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

Parts department

WHEELBASE MEDIA

How to roll around the shop

For moving project vehicles around in your garage or workshop, you really need a system like the Uni-Dolly from R.D. Enterprises. The company's portable rolling jack stands can be easily adjusted for between 35 and 53 centimetres in height and from 76-152-centimetres in width. The large 15-centimetre-diameter wheels (with sealed bearings) allows just one person to reposition the vehicle. The Uni-Dolly's 4,300-kilogram capacity (for each) means that it can also be set up to securely move boats plus a variety of trailers and pickup-mounted campers. A set of two Uni-Dollies starts at \$400 US. See the complete product and accessory lines (plus ordering info) at uni-dolly.com.



Bring on the heat

If you work on machinery, you know how tough it is to remove seized or rusted nuts and bolts from various engine, brake and suspension components. In many cases an oxy-acetylene torch is needed to free up these parts, which risks damaging nearby components. Enter the Mini-Ductor II from Induction Innovations, Inc. It works by creating intense, but localized heat directly around the part in mere seconds, thanks to its 1,000 watts of power. In addition, the Mini-Ductor's built-in LED light lets you see exactly what you're doing. The basic kit retails for around \$450 US and can be purchased from authorized retailers or from online resellers such as amazon.com. For additional product and where-to-buy information, check out theinductor.com.



A model Mercedes

Spending \$2,000 for a brand-new car would seem like a heck of a deal, but what about the same money for a 1/12-scale 1935 Mercedes-Benz 500K Roadster? It still seems like a deal. This 43-centimetre-long replica, which weighs in at a hefty three kilograms, features a fully retractable roof so you can display it with the top up or down. All of its 1,959 components are highly detailed, as you might expect, including the supercharged eight-cylinder engine, coil-spring suspension, intricate wire wheels and leather-covered interior. Only 2,000 copies of this spectacular model will be available worldwide. Order from replicarz.com.



A buddy for your pickup



It's not much fun for pickup owners who must crawl underneath their vehicles when accessing the spare tire. One solution is to mount it inside the truck bed with pickup specialist Titan Fuel Tanks' new Spare Tire Buddy. The product's unique mounting system requires no drilling, cutting or welding (the only tools you need are a wrench, knife and tape measure). It fits virtually any truck and is compatible with most bed liners. The powder-coated and lockable Spare Tire Buddy can be installed in virtually any location and along either side of the box. You can order one directly from the manufacturer at titanfueltanks.com.

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How Nissan can keep the Micra so cheap

Driving Force. The new model is less than \$10k and is Canada's least expensive car, but how does the Japanese automotive giant do it?

JILL
MCINTOSH
Drive@metronews.ca

Earlier this year at the Canadian International Autoshow in Toronto, Nissan announced that its newest model, the Micra, will go on sale starting at just \$9,998. But how can a company keep the price so low?

"It's all based on what costs we can deal with," says Christian Meunier, president of Nissan Canada. "We have to minimize the expense structure to launch the car, and make sure that all the dollars we put into the margin are optimized for the dealers to make money. It's a very tight and structured way to go to market, and there is little room to fail."

The materials that go into each car make up a relatively small portion of the budget. Instead, most of the cost is in development and overhead. It can cost as much as \$1 billion to design, test, and create tooling for a completely new engine or

Facts

- **Taking on the used market.** Value-priced cars compete not just against other new cars, but against used ones, where their warranties and financing can have an advantage.

- **Most popular with ...** Quebecers traditionally buy the majority of entry-level hatchbacks in Canada, especially with manual transmissions.

- **Comparison** Canadians buy more compact cars, while Americans buy more mid-size cars, but the Ford F-Series pickup is the highest-selling single model in both countries.

transmission, while each factory's utilities and labour costs are constant no matter what size vehicle is being built. As many vehicles do, the Micra shares its platform with several other models worldwide, ultimately amortizing these development costs across one million cars each year.

"We can bring in a car with that price point and still be profitable," Meunier says. "There are a lot of economies of scale." However, while the Micra is already sold in several

other countries, there are added costs in introducing it here. "It's tailored to Canada for the road conditions, suspension, steering, the structure of the seats, and the heater ducts to the rear," Meunier says. The car must also be tested for Canadian safety and fuel efficiency regulations.

Such costs are normally shared with the company's U.S.

subsidiary when a vehicle will be sold in both countries, but since the Micra will only be offered here, Nissan Canada will bear all of the expenditure.

Even the wheels have a Canadian consideration: while global Micras have smaller ones, ours will have 15- or 16-inch wheels, since smaller-diameter winter tires are difficult to find.

When bringing in a new model, automakers also have to be very careful about how it fits in with existing vehicles. If it's too close to another in size, pricing, or features, it could steal sales from it, or conversely, customers could bypass it in favour of a model that offers a lot more for only a slightly higher price. In the Micra's case, Meunier had to

ensure that it could be competitive alongside the Versa Note, currently Nissan's smallest hatchback.

"We want (the two combined) to sell a lot more than the Note was selling alone," Meunier says. "It's a very tight and structured way to go to market, and but it's a very comprehensive business case that we've put together."



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The new Nissan Micra will be Canada's least expensive car. BOTH IMAGES PROVIDED



Nissan managed to keep the price as low as \$9,998.



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Buick Regal GS displays its true grip

Auto know. Winter ice testing has become the cool way to show just how hot modern AWD systems are

MALCOLM GUNN
wheelbasemedia.com

"We wanted to go someplace where we would be virtually guaranteed to experience winter conditions." Right, then.

Katie Bjoerk of Buick explains why we're traveling the slippery back roads near Montreal, Quebec, alongside the frozen Ottawa River. The car is a 2014 Regal GS equipped with all-wheel-drive.

It's mid-February and it will be another six to eight weeks before the river ice is completely gone. By then a ferry will have replaced the ice "bridge" (in reality just a clean sheet of glassy ice that's maintained by the ferry owner during the winter). The cost of passage — \$6.50 — is the same whether you cross on ice in the winter or over water in the summer.

It seems a bit extreme, but winter testing is a necessity. Really cold weather is tough on drivetrains, brakes, electrical systems and related components. It's especially critical that they pass muster on any new model before it enters full production.

It's a growing trend to invite auto writers from all over North America to visit these frozen climes to closely examine (as in beat up on) all-wheel-drive systems. Product demonstrations involve subjecting vehicles to the kind of rigorous driving that most owners would never attempt on their own, simply because they can't go out of bounds in real-world driving.

In the past few weeks, no fewer than four automakers have organized such events in the Montreal region. In fact a couple of tracks that are used for motocross, drag racing and go-karting now cater to such manufacturer-sponsored gatherings.

Test passed

The Regal proves to be a steady, stable performer on some typical (for the region) snow-packed roads.

Hot times in the snow

2014 Buick Regal GS AWD

- Four-door mid-size sport/luxury sedan

- 2.0-litre DOHC I4, turbocharged, 259 horsepower, 295 pound-feet of torque

- Six-speed automatic transmission

- 10.9/7.3 l/100 km (city/highway)

- Base price: \$43,000

Their specially groomed facilities provide a way to explore AWD capabilities in ways that would be impossible to do on public roads.

Bjoerk has arranged Buick's sub-zero field trip to demonstrate the capabilities of the Regal's new all-wheel-drive system that has been added to the option sheet for 2014.

The Regal proves to be a steady, stable performer on some typical (for the region) snow-packed roads. Its road holding is helped by the electronic intervention hardware, along with a set of super-grippy Michelin snow tires. Quebec's enlightened transportation authority has made snow tires mandatory during the winter months and for good reason. Mother Nature can be downright cruel and conditions dangerous at this time of year.

The weather is miserable at the ICAR track for the test trials. The temperature is somewhere around -25 C and strong northerly gusts make it feel much colder. In other words, it's Bjoerk's idea of perfection.

A half-dozen or so Regal GS AWD models are on hand and have been thoughtfully pre-warmed. The test schedule includes a single and figure eight skid pad (more accurately, a slide pad), a slalom course, a short, but twisty road course with blind turns (thanks to high banks of plowed snow) and a timed loop to test the driver's mastery of winter conditions.

The GS is fully qualified for the proceedings. The car is a hefty 1,800 kilograms, yet it feels surprisingly light on its feet, thanks to its new turbocharged 2.0-litre four-cylinder engine that makes 259 horsepower and 295 pound feet of torque. The power is impressive,



Although we're here to test the competency of the Buick Regal AWD, it's also a pretty car with a hunkered down stance. That's an ice-fishing shack, if you didn't know.

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Because the limits of adhesion are so low on ice and snow, there's a high level of danger at regular travelling speeds that's almost impossible to feel and read. Modern AWD can't save your bacon in every situation, but it sure helps. ALL IMAGES WHEELBASE

but at Le Circuit ICAR it's all about traction and finesse; here, both will get a workout.

The AWD apportions 90 per cent of the available torque to the front wheels under normal driving conditions. But when loss of traction is detected it can reverse the front-to-back torque and vary it from left to right at the rear wheels, which helps to guide the car precisely through a corner.

The AWD is assisted by the Regal's limited-slip differential (LSD) and traction/stability controls to reduce skids and spins. When both systems are in play, the Regal can maneuver around

the slide pad and track with aplomb.

Even so, they can't override the laws of physics and aggressive driving is frequently rewarded with a grille full of snow bank.

The contrast comes with both the LSD and the traction/stability controls turned off. At that point the Regal becomes nearly impossible to steer, stop, or even gain any forward momentum over ICAR's super-slick surfaces. Since you can't mess around on public roads to fully explore the limits, or lack thereof, the experience here is proof that modern electronics actually work. And that's the point.

Horoscopes

Aries

March 21 - April 20

The Sun in Pisces at this time of year can make you emotional and you will find it hard to hide your feelings today. Why would you want to? Honesty is essential in all situations.

Taurus

April 21 - May 21

What comes to light in an unexpected manner today will most likely improve your bargaining position. It will also remind you that you that you have friends you can count on.

Gemini

May 22 - June 21

Fight for your rights today, no matter how overwhelming the odds may be. Actually the odds are not nearly stacked against you to the extent you believe. Rivals are as scared of you as you are of them.

Cancer

June 22 - July 23

The more others say you can trust them today, the more cautious you should be. In any negotiations you must get promises in writing at every stage. If you don't, they will likely turn out to be worthless.

Leo

July 24 - Aug. 23

You know what to say and do to win friends and relatives to your way of thinking. Whether your way of thinking is correct is another matter entirely — but since when do Leos worry about things like that?

Virgo

Aug. 24 - Sept. 23

A positive outlook in the face of adversity is essential. Because Virgo is a sign that gets caught up in details, you have a tendency to think it's the end of the world when little things go wrong.

Libra

Sept. 24 - Oct. 23

A plan that has been in a state of limbo since the start of the year will begin to move forward again today. Don't try to do everything at once though. You'll catch up.

Scorpio

Oct. 24 - Nov. 22

If you do anything to excess between now and the full moon on the 16th you will regret it, so tone down your act and don't try so hard to impress friends or co-workers.

Sagittarius

Nov. 23 - Dec. 21

You have no doubts and no reason to believe you will not succeed at the tasks you have set yourself. Rivals may try to derail your plans over the next few days but they won't come close to succeeding.

Capricorn

Dec. 22 - Jan. 20

Keep options open over the next 24 hours, especially in dealing with co-workers. Because their plans are likely to change you may have to change too. If you're flexible, you will be in the money.

Aquarius

Jan. 21 - Feb. 19

Make an effort to stand above petty battled. It may look as if the world is going to hell in a handcart but that's only because you are taking too narrow a view of events.

Pisces

Feb. 20 - March 20

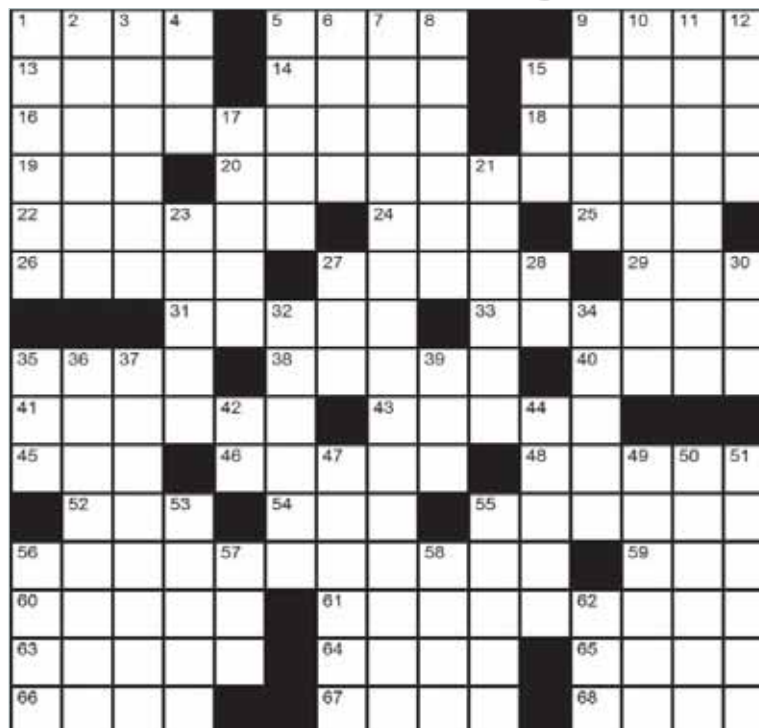
You need to raise your game. A week or so from now the Sun will move out of your birth sign, after which it may not be so easy to get things done. Don't aim just to be better, aim to be the best.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Sanctum
- Vents
- Purina rival
- Benefit
- Lovestruck, old-style
- Offshoot
- Self-esteem issue: 2 wds.
- Uncle's wife [var. sp.]
- 'Pay' suffix
- Canadian actor Matt Frewer played the computerized title character on this late-'80s series: 2 wds.
- Group of four
- Cable channel
- High sch. math
- Wooded
- Inexpensive
- Dawn goddess
- Musical pace
- 007's Ms. Andress
- La Boheme role
- Sicily's volcano, belonging to it
- Caesar's 2,550
- Highlight
- Finale
- Dog breed
- Humdinger
- Q. "How do you say 'West' in French?" A. "It's either 'Ouest' or '___', I think."
- Ms. Vardalos
- Bruins legend Bobby
- 24 hr. banker cost: 2 wds.
- "Sherlock" star



- Benedict __, on Showcase
59. Mon.'s French equivalent
60. Mr. Welles
61. Nicknamed health plan always mentioned on American news
63. "So __ a song

- of love, Julia." - The Beatles
64. Movie beekeeper
65. "Now!"
66. Require
67. Fam. members
68. 'Special' suffixes

Down

1. John __, Prime

- Minister who is Christopher Plummer's great-grandfather
2. Beverage 'box'
3. Until now: 2 wds.
4. "___ questions?"
5. Equally irked: 2 wds.
6. Jumbo-sized movie presenter

7. The __ Stephen Harper
8. Sam __ (Famous officer of the North West Mounted Police)
9. Honda car
10. Flooring choice
11. Leprechaun's treasure, __ '___
12. 'Pseud' suffix

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Unhappy
- "Drats, __ a mistake."
- "Rebel Without __" (1955)
- Fix, as shoelaces
- Mil. rank
- Media company dept.
- Mr. Mineo
- Shooting star
- Faux compliments-giving
- Blueprint
- Medical job on Global drama "Remedy": acr. + wd.
- Danielle __, Senior Reporter on CTV's "etalk"
- Li'l quantity
- Fredericton's prov.
- Saxe-Coburg-__ (British monarchy's pre-Windsor name)
- Shady tree retreat
- __ (Some music notes)
- Pointillist painter, Georges __
- Principles
- Form __ (Grow close)
- Pinnacles
- Nickel
- Manchester, __.
- Weight unit in China
- Show on Marg's TV resume

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 10°
MIN: 2°



MAX: 3°
MIN: 0°



MAX: 1°
MIN: -9°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



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SPORT GX**
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MODELS**

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#52347D



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DRIVE

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NOW
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OR **\$199 B/W**

**2013 MAZDA
MX-5**
#32487D



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